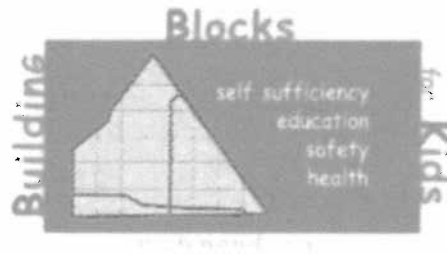


# Building Blocks for Kids Collaborative



## Healthy Beverage Policy

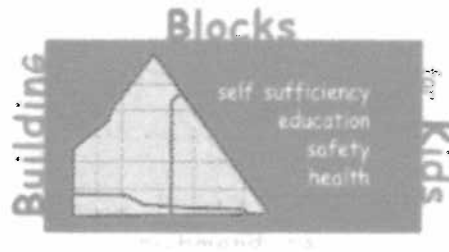
### Position Statement:

The backbone office of Building Blocks for Kids Collaborative strives to promote health and wellness by being a role model to promote healthy beverage consumption. At all Building Blocks for Kids Collaborative sponsored or coordinated meetings and events, both in the community and at the work site, for staff and clients where beverages will be provided, the selection must be in accordance with the Building Blocks for Kids Collaborative Healthy Beverage Guidelines.

Therefore Building Blocks for Kids will:

- ***Provide access to free, safe drinking water***  
Require that there is access to free, safe drinking water wherever beverages are offered or sold. At meetings, for example, Building Blocks for Kids Collaborative will offer safe tap water, rather than individual bottles of water. If safe tap water is not available, only then will Building Blocks for Kids Collaborative provide bottled water. A copy of this policy will be provided to all caterers and food vendors doing business with Building Blocks for Kids Collaborative.
- ***Comply with Beverage Standards***  
All beverages served (e.g., at meetings) at Building Blocks for Kids Collaborative facilities can only include:
  - Water with no added sweeteners;
  - Unflavored\* non-fat or 1% cow's milk with no added sweeteners
  - Unflavored\* non-dairy milk alternatives (such as almond milk or soy milk) with no added sweeteners.
    - No more than 2.5 grams of fat per 8 fluid ounces
  - Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
  - 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
  - Coffee and tea with no added sweeteners;

# Building Blocks for Kids Collaborative



## Healthy Food Policy

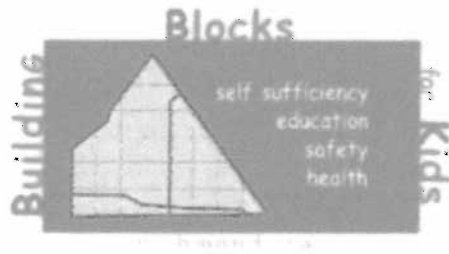
### Position Statement:

The backbone office of Building Blocks for Kids Collaborative strives to promote health and wellness by being a role model to promote consumption of healthy foods. At all Building Blocks for Kids Collaborative sponsored or coordinated meetings and events, both in the community and work site, for staff and clients where foods will be provided, the selection must be in accordance with these Building Blocks for Kids Collaborative Healthy Food Guidelines. A copy of this policy will be provided to all caterers and food vendors doing business with Building Blocks for Kids Collaborative.

Therefore Building Blocks for Kids Collaborative will:

- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. (Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products;)
  - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible;
  - Encourage lean meats, poultry and fish;
  - For starches such as rice, pasta, and bread products, the recommended portion size is about  $\frac{1}{4}$  of the plate;
  - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar;
  - Encourage high calorie foods/desserts only as an occasional small treat. The items are offered as a side dish along with healthier food choices;
  - Encourage cooking with healthier ingredients and providing snacks. Some ideas for achieve this goal include promoting healthy foods in an employee newsletter, posting a healthy recipe board in the break room and providing healthy foods at meetings.
  
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Building Blocks for Kids Collaborative employees and clients.

# Building Blocks for Kids Collaborative



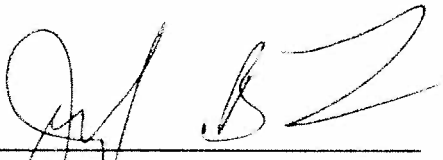
## Healthy Movement Policy

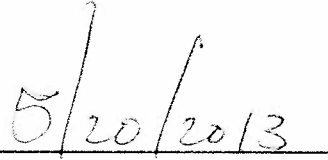
### Position Statement:

The backbone office of Building Blocks for Kids Collaborative strives to promote health and wellness by being a champion for exercise and movement. As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing opportunities for physical activity.

Therefore Building Blocks for Kids Collaborative will:

- Create opportunities for movement for staff and clients, such as “walking meetings,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Help employees build physical activity into their day by getting to and from work via public transit, walking, or biking.

  
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Jennifer B. Lyle  
Chief of Operations  
Building Blocks for Kids Collaborative

  
\_\_\_\_\_  
Date